

*Creating Healthy Communities ■ Prevention and Treatment Work!*

WASHINGTON STATE DEPARTMENT OF SOCIAL AND HEALTH SERVICES • DIVISION OF ALCOHOL AND SUBSTANCE ABUSE

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## Community Action Leads to Denial of Liquor License

In a notable decision for Washington's prevention community, the Washington State Liquor Control Board (WSLCB) recently set precedent by rejecting an administrative law judge's decision and denying a liquor license request by a Harrah store, in part because of alcohol problems in the nearby school district.

Mount Adams Middle School in White Swan, located 12 miles from Harrah, is one of 12 state Strategic Prevention Framework - State Incentive Grant (SPF-SIG) locations funded by the federal government to participate in a five-year community-based research project designed to reduce underage drinking. State and community data identified alcohol as a severe problem in the participating communities.

Among those who requested denial were Harrah Mayor Barbara Harrer and Yakama Tribal Council vice chairwoman Lavina Washines. Yakima County Sheriff Ken Irwin submitted a statement of concern regarding the license.

"We applaud the leadership and actions taken by the Harrah Mayor, the Yakama Tribal Council, the Yakima County Sheriff, and the Washington State Liquor Control Board with regard to this liquor license application. The community took the initiative to tell WSLCB about its concerns, and the Board supported their efforts to reduce underage drinking," said Doug Allen, Director of the Division of Alcohol and Substance Abuse, which administers the statewide SPF-SIG project.

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## Do you have a success story or news to share?

Please contact:

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email: [schneda@dshs.wa.gov](mailto:schneda@dshs.wa.gov)

### Prevention and Treatment Resources

DASA website: [www1.dshs.wa.gov/dasa](http://www1.dshs.wa.gov/dasa)

Chemical Dependency Professionals:  
<http://www.cdpcertification.org/default.asp>

Alcohol/Drug 24-Hour Helpline:  
1-800-562-1240  
[www.adhl.org](http://www.adhl.org)

Alcohol/Drug Prevention Clearinghouse:  
1-800-662-9111  
<http://clearinghouse.adhl.org>

**DSHS Secretary**  
Robin Arnold-Williams

**DASA Director**  
Doug Allen



## PITA: DASA's Commitment to Comprehensive Services

By Doug Allen

For a long time, the Division of Alcohol and Substance Abuse (DASA) has focused on treating individuals who are financially eligible for our services and chemically dependent. This has made excellent sense, as over the past two decades, DASA has only been able to provide treatment to a small fraction of people who need it.

Recent state and federal initiatives – ranging from Reducing Underage Drinking and developing a Strategic Prevention Framework, to Treatment Expansion to the Washington State Screening, Brief Intervention, Referral and Treatment (WASBIRT) initiative – have now allowed DASA to more fully invest in the entire continuum of care necessary to fulfill our mission: to “promote strategies that support healthy lifestyles by preventing the misuse of alcohol, tobacco, and other drugs, and support recovery from the disease of chemical dependency.”

DASA delivers an array of substance abuse-related services across a continuum of need, all designed to improve the health and productivity of Washington’s residents, families, and communities. We describe this continuum of care as “PITA” - prevention, intervention, treatment, and aftercare.

**Prevention** – The DASA prevention program covers all segments of the population at risk for drug and alcohol misuse and abuse, with a special focus on youth who have not started using, or are experimenting.

We place a heavy emphasis on results. County providers are required to use evidence-based practices for at least 50% of their prevention programs, and currently exceed the requirement by using them for 72% of their programs. DASA provides technical assistance to communities for evaluating program effectiveness and planning new initiatives. In addition to targeting school and family interventions, DASA supports environmental approaches that can change cultural norms about alcohol and drug use.

**Intervention** – Through partnering with the Office of the Superintendent of Public Instruction and health care providers, DASA invests in a range of intervention services that reduces the risk of harm to individuals, and decreases problem behaviors resulting from continued substance use.

**WASBIRT** is an intervention program that began in 2003, made possible by a five-year grant from the federal Substance Abuse and Mental Health Services Administration, WASBIRT follows a public health model to identify, intervene in, and treat substance use problems before they rise to the level of substance dependence. It also provides direct referral to treatment services for those who need it. In the future, this may prove an excellent model for delivering services outside of the hospital setting, as we find new ways to intervene before people become chemically dependent. In addition, DASA’s two pilot programs – intensive case management and integrated crisis response/secure detoxification – are directed at intervening with individuals gravely disabled by the use of alcohol and other drugs, and/or who pose a danger to themselves or others.

PITA *continued on page 3*

**Treatment** – DASA provides an array of treatment services to individuals assessed as chemically dependent to help them achieve and maintain sobriety, improve physical and mental health, and enhance stability and ability to function socially.

New funds made available through Treatment Expansion resulted in over 6,000 additional Medicaid-eligible aged, blind, and disabled patients receiving treatment during the first two years. This has resulted in some strain on treatment providers as the medical and social service needs of these patients tend to be more complex. In the future, more emphasis will need to be placed on providing support services to improve treatment retention, completion, and quality (what will this be? ATR type services?).

**Aftercare** – DASA provides aftercare and support services to help promote continuing abstinence after treatment. Services include housing assistance, medical care, case management, preventive services for family members, childcare and transportation.

Evaluation of DASA's Access to Recovery (ATR) grant indicates that provision of these services is critical to the success of many patients in maintaining their recovery following treatment. In future years, we expect to pay extra attention to the importance of housing and support services as adjuncts to the recovery process, with an emphasis on improved outcomes.

Together with our county, tribal, state and community partners, DASA will continue to demonstrate its' commitment to a healthier Washington by providing quality services across the PITA continuum. 🐾

WSLCB issued its final order denying the request from the owners of La Guadalupana, a grocery store and snack bar, in December. The Board also cited concerns raised by local citizens and government officials in issuing the denial.

The final order rejected the conclusion of an administrative law judge, who ruled in October that the liquor license should be allowed. State law gives the Board authority to use its discretion in granting or denying a liquor license.

"The concerns raised by local citizens and government officials, together with the fact that the federal government recently selected the school district as needing support to reduce alcohol problems, compelled the Board to use its discretion to deny the license," said Board Chairman Lorraine Lee.

Harrah is a rural town of approximately 650 people, located within the Yakama Indian Reservation. Two Harrah businesses have licenses to sell alcohol.

The Final Order of the Board and the administrative law judge's Findings of Fact, Conclusions of Law and Initial Order are available on the Liquor Control Board's Web site at [www.liq.wa.gov](http://www.liq.wa.gov). 🐾

## LIQUOR

### About SPF-SIG

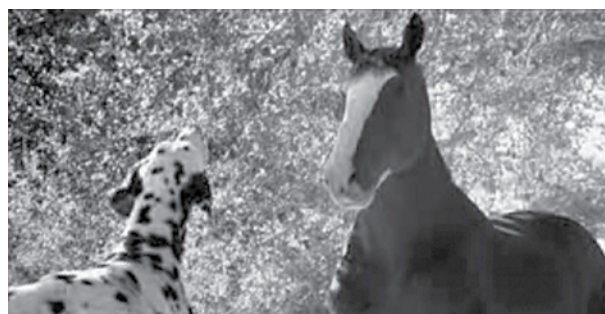
The goals of SPF-SIG are to prevent the onset and reduce the progression of underage drinking, reduce alcohol-abuse related problems in communities, build prevention capacity and infrastructure at state and community levels, and improve decision-making by using data across all strategic prevention framework steps.

As part of SPF-SIG, a coalition of community members are developing, implementing and evaluating a strategic plan. The project will benefit the local communities around the 12 SPF-SIG locations, including schools, businesses, and community organizations. The project will provide evidence-based programs, policies and practices to reduce underage drinking.

The Strategic Prevention Framework State Incentive Grant is funded by the Center for Substance Abuse Prevention of the Federal Substance Abuse and Mental Health Services Administration, the Washington State Governor's Office and the Washington State Department of Social and Health Services- Division of Alcohol and Substance Abuse. For more information, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org). 🐾

## Super Bowl Viewers Demand End to Beer Ads

The Marin Institute, an alcohol industry watchdog and resource for solutions to community alcohol problems, reports that with 97 million viewers, this year's game was the most watched Super Bowl ever. The top-rated Super Bowl ad was for, you guessed it, Budweiser. The Disney-inspired spot features a lovable Dalmatian training a Clydesdale to make the Budweiser wagon team. The pair is shown bonding and, while beer itself is nowhere to be seen, the connection to the brand is made. Of course, ad execs know that kids love animals and Budweiser is no stranger to kid-friendly marketing techniques.



That's why more than 470 parents, health advocates, and others tired of seeing this family-oriented event used to sell beer, sent letters to the National Football League asking the company to stop the irresponsible marketing. Find out how to take action against alcohol ads that target youth by visiting [www.MarinInstitute.org](http://www.MarinInstitute.org). 🐾

(reprinted from MI news)



# Statewide Meetings, Advertising Campaign Encourages Parents to Talk About Alcohol



The Washington State Coalition to Reduce Underage Drinking (RUaD) is launching a statewide radio advertising campaign this week with a message from Governor Gregoire to parents of middle school students. Campaign messages will also appear on billboards and buses. DASA is one of 24 organizations that are part of RUaD, and provides coordination and leadership.

In one of the radio ads, Governor Chris Gregoire points out that as alcohol ads increase, so does underage drinking. "All too often alcohol ads are on TV when more kids are watching than adults," said Governor Gregoire. "Parents need to talk to their children about the dangers of underage drinking before kids get their information from ads."

Parents are also encouraged to connect with community members at a series of town hall meetings across the state during March. Participants will brainstorm ways to keep youth healthy and safe, and to make underage drinking unacceptable.

The campaign informs parents and other concerned adults about the large numbers of young people risking their health and safety, such as the 13,000 Washington 8th graders who will drink alcohol this month. Parents will also learn that one in five 10th graders will have five or more drinks in a row at least one time this month.

"Parents need to know that alcohol does more damage to the developing brain than to adults, and kills more kids than all other drugs combined," said Roger Hoen, RUaD Co-Chair. "When kids use alcohol, they are also more likely to have unprotected sex, fail in school, and develop alcoholism."

"As more parents become aware of just how early, how often, and how much many young people are drinking, our hope is that they will start talking earlier with their kids about the ways alcohol can harm them," said Michael Langer, RUaD Co-Chair. "Research shows that when parents talk often with their kids, set and enforce clear rules, and stay involved in their lives, kids are less likely to use alcohol."

The ad campaign directs parents to the RUaD Web site ([www.StartTalkingNow.org](http://www.StartTalkingNow.org)), where they can get more facts about the short- and long-term consequences of underage drinking, and tips for talking with their kids. In national studies, the primary reason kids give for not drinking is that they don't want to disappoint their parents.

"As parents and community members, we need to understand how harmful alcohol really is for kids, and reduce their exposure to it," added Hoen.

Meeting dates and locations for the statewide series of March town hall meetings are also listed on the Start Talking Now Web site.



Go Mobile Advertising has donated \$195,000 in advertising to RUaD's Start Talking campaign. The messages will be seen throughout 2008 in Clark, King, Snohomish, Benton-Franklin and Spokane counties.



## DID YOU KNOW?

**How many Washington students will drink alcohol this month?**

6th GRADERS: One in 20

8th GRADERS: One in six

10th GRADERS: One in three

Source: 2006 WA State Healthy Youth Survey



To continue bringing you useful information in FOCUS, let us know what matters most to you, and the drug prevention and recovery news and successes happening in your community. Send your comments and information to Deb Schnellman at [schneda@dshs.wa.gov](mailto:schneda@dshs.wa.gov).



**From left to right: Sitting/front row:**

Jenny vonVeh; Lee Martin; Mia Doces; Inga Manskopf; Amanda Williams; Shirley Chinn.

**Standing:** Brian Murphy; Shaela Hull; Christine Talianis; Robert Conroy; Carolyn Bernhard; Cherylynn Crowther; Nancy Schub; Tovi Avnon; Kipp Strong

## Community Coalition Tackles Alcohol Issues

When you first look at information about Eckstein Middle School in Northeast Seattle, it's hard to imagine they have received a grant to reduce underage drinking:

- Nearly 84 percent of seventh graders meet or exceed the state standard for reading compared with a state average of 69 percent.
- 77 percent meet or exceed the state standard for math compared with a state average of 55 percent.
- Only 14 percent of Eckstein's students are participating in the free and reduced lunch program compared with nearly 39 percent statewide.
- Eckstein is in one of the most desirable areas of Seattle, with home prices higher than in most other parts of the city.

It just doesn't seem like they should be experiencing problems with underage drinking. But they are.

When you look a little further, you find that more than 23-percent of Eckstein students reported in 2004 that they had used alcohol in the past 30 days. And while that number declined in 2006 at Eckstein, it increased for 10th graders at Roosevelt High School, the high school most Eckstein students will attend.

So, Eckstein became one of 12 communities in Washington State to receive a grant award through the Strategic Prevention Framework-State Incentive Grant (SPF-SIG). The SPF-SIG project is administered by the Division of Alcohol and Substance Abuse. Research for the SPF-SIG project showed that alcohol has the greatest impact on youth, compared to tobacco and marijuana.

A group of Eckstein parents began meeting in October 2006 to identify what was contributing to their high rates of underage alcohol use. They soon realized that they didn't have a school issue, they had a community issue, that needed a community response.

"They realized the only way they will see community change is through community involvement" said Jack Wilson, the technical assistance coordinator for the grant.

With that in mind, the parents formed a community-wide coalition consisting of representatives from schools, business, social service agencies, Children's Hospital, University of Washington, YMCA, law enforcement, and other concerned citizens from NE Seattle. By working with the community, the coalition has organized a number of initiatives designed to reduce underage drinking:

- A school-based curriculum for all 7th graders at Eckstein.
- Parenting classes throughout the community, with waiting lists to get into the classes.
- Workgroups on cultural competency, sustainability, law enforcement, media advocacy, a parent pledge and directory.
- A substance abuse prevention/intervention specialist for Eckstein and two nearby high schools.
- A Students Against Destructive Decisions (SADD) group to get peer involvement.
- Regular meetings for law enforcement, school personnel, and juvenile court staff to discuss what they are seeing from youth in the area.
- Hosting a Town Hall meeting in March to provide further updates to their community about what they are doing, and why.

This coalition of dedicated people may not completely eliminate underage drinking, but with their impressive community outreach and involvement efforts, they are highly likely to create long-term changes in the community that will keep more young people healthy and safe.

For more information about the Eckstein Coalition, contact Jack Wilson at wilsojc@dshs.wa.gov. 🐾





## ONDCP Launches New Campaign, Community Strategizer, on Prescription Drug Abuse

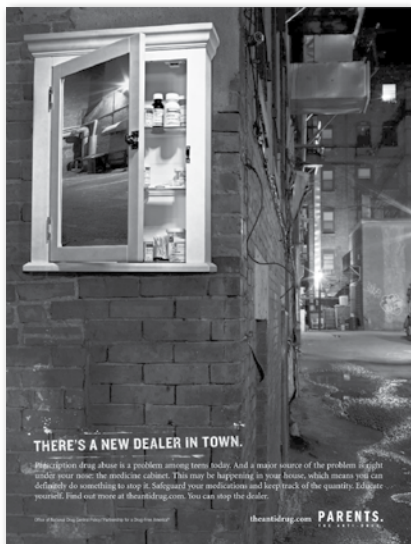
In February the Office of National Drug Control Policy (ONDCP) released new educational resources for preventing prescription drug abuse. As part of a new public awareness campaign that launched during the Super Bowl, ONDCP's National Youth Anti-Drug Media Campaign partnered with Community Anti-Drug Coalitions of America (CADCA) to create a Strategizer for community groups. The Strategizer includes strategies, case studies, and resources for starting or enhancing a prescription drug abuse campaign in your community. This new toolkit, "Teen Prescription Drug Abuse: An Emerging Threat," is available and downloadable at ONDCP's Web site for parents and community groups: [http://www.theanti-drug.com/pdfs/resources/teen-rx/CADCA\\_Strategizer52.pdf](http://www.theanti-drug.com/pdfs/resources/teen-rx/CADCA_Strategizer52.pdf).

Although alcohol and marijuana, respectively, are the most widely used drugs by youth, teens use prescription drugs more than cocaine, heroin, and methamphetamine combined. The Prescription Drug Abuse Strategizer outlines approaches for effective programs, including:

- Engaging local print, radio, and TV media;
- Recruiting and briefing experts for a community roundtable;
- Developing resources and materials - including online content, call-in numbers, and print materials;
- Executing local town hall meetings; and
- Engaging corporate and community partners – including pharmacists, schools, libraries, PTAs, medical associations, and local businesses.

Fact sheets, open letters to parents, school and medical professionals, and print ads can be downloaded for local use at: <http://www.medicacampaign.org/>.

The campaign fact sheet states that each day, approximately 2,500 teens try prescription painkillers to get high for the first time. In the 2006 Washington State Healthy Youth Survey, 10% of 10th graders and 12% of 12th graders reported using a prescription painkiller one or more times in the previous 30 days to get high. While it's important to educate parents and teens about prescription drug abuse, underage drinking continues to be our biggest drug problem. For comparison, more than 5,400 kids in the United States under age 16 take their first drink each day, and one in three Washington 10th graders uses alcohol regularly. For the latest updates from the Washington State Coalition to Reduce Underage Drinking, including a growing list of upcoming Town Hall Meetings, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).



## Remembering Merrill Scott



Merrill Scott, chair of the community group that founded the Sundown M Ranch drug treatment center and a key lobbyist for changes in state law about alcoholism, died in January from lung cancer. He was 90.

Sundown M opened in 1968 in White Swan in an old farmhouse. The ranch's current location outside Selah opened under Scott's direction in 1985. It now features 160 patient beds and 170 employees.

Merrill was active in changing key laws to decriminalize public intoxication, set the stage for the state's current treatment system, and require insurance companies to pay for alcoholism treatment. Merrill received several awards and recognitions for his efforts. Gov. Dan Evans presented him with the Dedicated Citizen Award in 1969, and the Alcoholism Professional Staff Society of Washington named him Alcoholism Professional of the Year in 1982.

Merrill retired from Sundown in 1986, but returned to oversee construction of four additional buildings. The First Annual Merrill Scott Symposium was held in his honor in 1986.

## April is Drug Free Washington Month

### Auburn Student Wins Theme Contest

Chase Lane, a 10th grade student at Auburn Riverside High School, was the winner of the 2008 Drug Free Washington Month theme contest. Her winning theme is "Keep Life Fresher, Don't Give In To Pressure."

Students judged 148 themes entered in the contest, which was organized by Jennifer Velotta, manager of the Washington State Alcohol/Drug Clearinghouse. The contest is held each year and is open to all Washington students. The winning theme will also be used for the 2008 Prevention Summit (<http://casat.unr.edu/dasa/index.php>).

There are many ways to educate communities during Drug Free Washington Month. Last year the Kent Housing Authority held three separate drug education and safety events for families; the Seattle YMCA had an outdoor street fair called Healthy Kids Day; and Seattle Central Community College put on a health fair for their students. For more ideas and resources to promote Drug Free Washington Month in your community, visit the Clearinghouse online: <http://clearinghouse.adhl.org/>, email them at [clearinghouse@adhl.org](mailto:clearinghouse@adhl.org), or call them at 1-800-662-9111.

The saying, "It takes a village to raise a child" comes from Africa. However, it certainly applies to Ernesto Chavez, a personable 24-year-old Native American man who works as a youth counselor for United Indians of All Tribes Foundation.

Ernesto comes from the Spokane reservation. His mother and father "were using and just didn't know how to raise a child." They never celebrated holidays together. The normal family bonds were broken. Ernesto himself began using at an early age, dropped out of school, got into trouble and did some jail time.

Ernesto was very depressed and felt very alone. "I felt no matter what I did, things would never change. Spiritually, I hit bottom. The only people around me were there as long as I had drugs. When the drugs were gone, everybody else was gone, too."

The community became involved in the form of a Spokane Nation drug court judge named Conrad Pascal (now Acting Chief Judge of Washington Tribal Courts: Spokane). For Ernesto, he played the disciplinary role that his parents hadn't. "It was like I was one of his kids," he says.

His counselor in drug court described Thunderbird Treatment Center with its Native American-centered program and Ernesto chose it. He completed treatment in 88 days. He says, "I went to treatment, met a lot of good people, found a sponsor and a support group and made a lot of new friends. God keep putting people in front of me to help out."

Ernesto liked the program because "I could see brown skin and someone who looked like me and could have been my uncle." Ernesto thinks, "The program was just right for someone who wants to stay sober. It was a great place. The traditional teachings were helpful because I did not have that growing up."

"What I remember most from my time at Thunderbird (five years ago) is that you have to be open to all suggestions, be humble, be willing to ask and keep an open mind. If you are open and ask for help, good things will happen."

It didn't happen all at once for Ernesto. There was a girl back home and he wrote to her and called her often from treatment. When he got out, he went back to the reservation to see her. They have a beautiful daughter, Daisharay. Ernesto stayed sober nine months, but the reservation and the old

## Ernesto Chavez A Thunderbird Success Story

By Sarajane Siegfriedt



**“My culture is really precious to me. I’m glad I found a place that I belong.”**

"friends" were too much of a temptation and he started drinking again.

He made the tough decision to come back to Seattle, where his new friends didn't drink or do drugs. He attended AA meetings almost every day for two years. Then he found a church with a Native American preacher. "Although he preached against the traditional teachings, I was always taught, 'Take what you want and leave the rest.'"

His new Seattle friends picked him up, dusted him off, gave him shoes, took him to meetings and helped him find a sponsor. The new ways stuck.

Ernesto says now "Life is good. It's what you make of it. I used to hate that drug court judge and the probation officer. I thought they were trying to slow me down and I hated them for sending me off to treatment."

"After I got sober, I felt they were looking after me, when nobody else was. Getting sober didn't happen over night. It took people sitting me down, telling me stuff I already knew. I found that having my support group, going to church and doing sweats started to make me feel good."

"Calling a male 'brother' because I really care about them and appreciate them in my life is really something. It can make you feel good for a long time."

Ernesto dropped out of school because he had been passed through many grade levels without really learning to read and write. Now he's working on his GED in order to further his education.

Ernesto has worked for four years at the Daybreak Star Center in Seattle for United Indians of All Tribes Foundation. He started part-time doing cultural surveys. Now he works with Native youth at La Botella. In connection with work he has traveled to St. Paul, Albuquerque, and to Washington, D.C. for the opening of the Smithsonian Native American Museum.

Ernesto says, "My culture is really precious to me. I'm glad I found a place that I belong. Life is really precious and the way that I look and the way that I pray, it's all good. A.A. is good. The whole spiritual basis is good, if you want it. The spiritual part of the 12 Steps gave me a way of living as an indigenous person." 🐾

*Sarajane Siegfriedt is a chemical dependency services coordinator with Seattle Indian Health Board's Thunderbird Treatment Center.*



## A New Approach for Adolescent Treatment

By David Jefferson, Adolescent Grant Director, Division of Alcohol and Substance Abuse

DASA is pleased to announce that in January the Adolescent Statewide Leadership Council approved the Adolescent Treatment Strategic Plan. This document is the result of two years of gathering information from community members, highlighting priorities, and writing a plan to improve care. The key priorities are:

- Recruiting, training, and retaining youth treatment staff;
- Improving treatment guidelines and protocols;
- Continuing the Youth Leadership Council;
- Funding a wider range of services like recovery support and clinical supervision;
- Securing funding for co-occurring services.

Doug Allen, DASA's Director, is introducing the Service Improvement Plan to the 2009 legislative session. This support gives us a unique chance to put the Strategic Plan into action. It also raises the question of which path to take: incremental change or system transformation.

If we continue to adjust the current system it will look the same in five years with a few more services. If we go for system transformation, we take everything we know, integrate the new, and put a system into place that will make us all proud. Either way, making the plan a reality will take funding, planning, dedication, leadership, and hard work. The youth of tomorrow deserve nothing less from us.

The Strategic Plan would not have been possible without dedicated treatment providers, community members, and allied partners who support the needs of our youth and families. We are sincerely grateful for their efforts.

For a copy of the Strategic Plan, visit <http://theteenline.org/csatsite/index.html>. For more information, contact David Jefferson, Adolescent Grant Director, at [jefferd@dshs.wa.gov](mailto:jefferd@dshs.wa.gov). 📧

## "Intervention" Educates Viewers About Addiction

Intervention™ is a powerful television series in which people confront their addictions. It profiles people whose dependence on drugs and alcohol, and other forms of addiction, has brought them to a point of personal crisis and estranged them from their friends and loved ones. Each Intervention episode ends with a surprise intervention that is staged by the family and friends of the person needing treatment, which is conducted by one of four Intervention specialists.

Intervention™ raises awareness about the alternatives and treatment options available to those who suffer from an alcohol or drug addiction, and gives hope to families who have nowhere left to turn. For program times and more information, visit <http://www.aetv.com/intervention/>. 📺



## Regional Conference on Problem Gambling Coming to SeaTac

What does the future hold for our communities, treatment providers, gaming industry members, students and educators, healthcare providers and policy makers when looking at Responsible and Problem Gambling issues? How do we make informed decisions and choices when so much is changing so quickly? What are our roles and responsibilities?

On April 29-30, 2008, the Evergreen Council on Problem Gambling, with support from DASA, will host the second annual Problem Gambling Awareness Conference at the DoubleTree Seattle Airport. The conference theme is "Focus on the Future". Speakers will be from across the United States and Canada. We expect at least 350 attendees, so it is a great time to meet the experts, network with other treatment providers, get CEU's, and learn more about problem gambling issues.

Speakers include Judge Mark Farrell, Amherst, NY, who will speak about gambling diversion court, Dr. William Eadington, University of Nevada, Reno; Dr. Mary Larimer, University of Washington; Dr. Lia Nower, Rutgers University; and Dr. David Hodgins, Calgary, Alberta. There will be three tracks of workshops: Clinical/Research, Community/ Education, and Government/Industry/Legal. There is diverse cultural representation throughout the program. This is an outstanding opportunity to learn from the experts.

For information about sponsorships and scholarships, and to register, visit [www.evergreencpg.org](http://www.evergreencpg.org). 📧

# Treatment Expansion Improves Health and Saves Money

New research shows that providing more Medicaid funds for chemical dependency treatment is saving taxpayers between \$49 and \$287 per month in medical costs for every adult who receives treatment. The research was conducted by the DSHS Division of Research and Data Analysis for the Division of Alcohol and Substance Abuse.

Approved by legislators in 2005 and funded by assumed cost savings in medical and long term care, the expanded treatment has saved:

- \$287 per month for every disabled adult who underwent treatment.
- \$137 per month for every patient who would have needed nursing home care had he or she not received treatment.
- \$49 per month in medical costs for non-disabled patients who receive general state assistance.

Other savings in criminal justice and child welfare costs have not yet been estimated. A fact sheet is available at [www.dshs.wa.gov/dasa](http://www.dshs.wa.gov/dasa).

## Job opportunities

Additional state funding for chemical dependency treatment has also meant more counselor jobs and a shortage of qualified applicants. To explore job openings and find out how to become a Chemical Dependency Professional, visit the Chemical Dependency Professional job site at <http://cdpcertification.org/>.

"State and local agencies have worked hard to provide quality treatment to more people with this disease," said Doug Allen, Director of the DSHS Division of Alcohol and Substance Abuse. "Now the research proves that invest-

ing in treatment not only creates healthier families and safer communities, it saves tax payers thousands of dollars in medical costs."

Prior to 2005, 74 percent of Washington's youth, and 69 percent of adults, were denied treatment because of limited state funding and long waiting lists that forced many potential patients to give up on treatment. With the new funding, the study

calculated that 4,211 more people were able to receive prompt treatment in the first two years.

The state-funded treatment is available to Medicaid-eligible residents of the state, including the elderly, disabled, those who receive Temporary Assistance to Needy Families (TANF), and low-income teens.

"Now that more people can get the treatment they need, it's crucial for their family members, friends and health care providers to recognize the symptoms and help them begin treatment", added Allen.

Information about how to intervene can be found at [www.intervenenow.org](http://www.intervenenow.org), and by calling the Alcohol/Drug 24-Hour Helpline: 1-800-562-1240. The Helpline also provides treatment referrals, a "teenline" at 1-877-345-teen, and free drug education materials. 🏠

**IT'D BE BETTER IF I HAD CANCER.** THEN YOU WOULDN'T TELL ME THAT WHAT I'M GOING THROUGH IS JUST A PHASE. YOU WOULDN'T SEE MY CONDITION AS A LACK OF WILLPOWER, BUT THE DISEASE THAT IT TRULY IS. THERE WOULD BE TELETHONS, WALKS AND CAMPAIGNS TO RAISE FUNDS TO END IT. IF I HAD CANCER, YOU'D UNDERSTAND I NEED TREATMENT. NOT A LECTURE.



DRUG ADDICTION IS A DISEASE. WHEN YOU TREAT IT AS SUCH, PEOPLE CAN GET BETTER. WE CAN SHOW YOU HOW TO START HELPING SOMEONE. STATE FUNDING FOR TREATMENT IS AVAILABLE NOW. CALL 1-800-562-1240. [INTERVENENOW.ORG](http://INTERVENENOW.ORG) or [ADHL.ORG](http://ADHL.ORG).

**P**  
The Partnership for a Drug-Free America  
Partnership for a Drug-Free Washington

## Meth360 Provides New Education Tools

The Partnership for a Drug Free America (PDFA) has launched a new web site as part of a pilot community outreach program uniting law enforcement, treatment and prevention professionals to deliver meth awareness presentations throughout communities.

The new web site, [www.drug-free.org/meth360](http://www.drug-free.org/meth360), offers tools and guidance to any community to implement Meth360, including powerpoint presentations, downloadable audience handouts, a how-to guide for marketing the program and other resources. There is also a Meth360 Online Learning course for presenters, and

a map of trained Meth 360 presenters in Washington. All resources are available free of charge.



PDFA will continue to work with the Pierce County Sheriff's Office and Seattle Police Department as the lead law enforcement agencies in Washington for this program, as well as Safe Streets, Pierce County Alliance and NW HIDTA, which are already using Meth360.

As an alliance partner with PDFA, the Division of Alcohol and Substance Abuse is encouraging all communities to visit [www.drugfree.org/meth360](http://www.drugfree.org/meth360) and take advantage of the new education resources.

## The Recovery Journey: Basics and Beyond

### The 2008 Washington State Institute on Addictions Treatment

DASA's Institute on Addictions Treatment will be held June 25-27, 2008. This two and half-day annual conference is designed to bring together clinicians and administrators, as well as other professionals involved in chemical dependency services. Whether associated with criminal justice, mental health services, juvenile rehabilitation, developmental disability services, or chemical dependency programs, all attendees are offered the opportunity to attend sessions and workshops to learn how to effectively respond to people with chemical dependency. Workshop tracks will cover a variety of topics:

- Children, Youth and Family Services
- Evidenced Based Practices;
- Paths to Recovery – Community Support;
- Maximizing Public Health Resources; and
- Workforce Development/Education.

Workshops will focus on teaching participants to recognize the current clinical needs of both rural and urban popu-

lations, and to use current best-practice models within this unique and challenging field.

The Institute will provide "basic training" for new counselors in the field, as well as updating more experienced counselors on new approaches to meeting the clinical needs facing them daily.

The "beyond" component of the conference will offer training in cutting edge, new evidenced based practices, and effective therapeutic approaches for diverse populations. Speakers with expertise in treating a variety of populations, and who represent those diverse populations, will be offering their unique insights. Expect an exciting and inter-

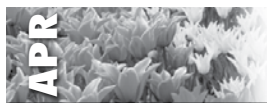
esting learning experience!

The 2008 Addictions Treatment Institute promises to be a fun, informative time for all of us in the chemical dependency field as we enjoy a variety of learning opportunities, and share information on the latest innovations in chemical dependency treatment. For more information, contact Virginia Ochoa at [ochoava@dshs.wa.gov](mailto:ochoava@dshs.wa.gov) or go to <http://casat.unr.edu/dasa/>.





# Upcoming Education and Awareness Events: April – June 2008



APRIL '08

## DRUG FREE WASHINGTON MONTH

<http://clearinghouse.adhl.org/>

## NATIONAL CHILD ABUSE PREVENTION MONTH

<http://www.preventchildabuse.org/index.shtml>

## NATIONAL ALCOHOL SCREENING DAY

<http://www.mentalhealthscreening.org/events/>

### 23-25 COUNSELOR ACADEMY VI

Location: Spokane, WA  
Contact: Shannon Flemister at 509-329-3736 or [flemism@dshs.wa.gov](mailto:flemism@dshs.wa.gov)

### 28-29 CDP EXAM PREP TRAINING

Location: Moses Lake, WA  
Contact: Robin Roberts at 360-725-3734 or [roberri@dshs.wa.gov](mailto:roberri@dshs.wa.gov)

### 29-30 FOCUS ON THE FUTURE

[http://conference08.evergreencpg.org/WRCOMPGA08\\_registration.htm](http://conference08.evergreencpg.org/WRCOMPGA08_registration.htm)  
Location: SeaTac, WA  
Contact: <http://www.evergreencpg.org/>www.evergreencpg.org>



MAY '08

## ALCOHOL AND OTHER BIRTH DEFECTS AWARENESS WEEK

<http://www.marchofdimes.com/>

## WORLD NO TOBACCO DAY

<http://www.aawhworldhealth.org>

### 9 SAYING IT OUT LOUD CONFERENCE

Location: Shoreline, WA  
Contact: Jeanette Demianew at [demiajm@dshs.wa.gov](mailto:demiajm@dshs.wa.gov) or go to <http://casat.unr.edu/dasa>

### 12-16 SUBSTANCE ABUSE PREVENTION SPECIALIST TRAINING

Location: Moses Lake, WA  
Contact: Matt Brown at 775-682-8538 or [mbrown@casat.org](mailto:mbrown@casat.org) or Robin Roberts at 360-725-3734 or [roberri@dshs.wa.gov](mailto:roberri@dshs.wa.gov)

Share your alcohol/drug related news with FOCUS readers statewide. If you have events, success stories, announcements, or a policy/advocacy issue you want to write about, e-mail Deb Schnellman at [schneda@dshs.wa.gov](mailto:schneda@dshs.wa.gov), or call (360) 725-3763.



JUNE '08

## SUMMER DRINKING AWARENESS KIT

<http://www.ncadd.org/programs/awareness/summer.html>

### 25-27 INSTITUTE ON ADDICTIONS TREATMENT CONFERENCE

Location: Yakima, WA  
Contact: Virginia Ochoa at [ochoava@dshs.wa.gov](mailto:ochoava@dshs.wa.gov) or go to <http://casat.unr.edu/dasa>

## 2008 DASA-Sponsored Conferences:

- May 9 Saying It Out Loud, Shoreline  
Contact: Jeanette Demianew at [demiajm@dshs.wa.gov](mailto:demiajm@dshs.wa.gov)
- June 25-27 Institute on Addictions Treatment, Yakima  
Contact: Virginia Ochoa at [ochoava@dshs.wa.gov](mailto:ochoava@dshs.wa.gov)
- Sept 29-30 Co-Occurring Disorders, Yakima  
Contact: Ruth Leonard at [leonamr@dshs.wa.gov](mailto:leonamr@dshs.wa.gov)
- Oct. 17-18 Prevention Summit, Yakima  
Contact: Sarah Mariani at [mariase@dshs.wa.gov](mailto:mariase@dshs.wa.gov)

To Register: [www.casat.org](http://www.casat.org)

## SAPST Trainings Offered in 2008

The Washington State Division of Alcohol and Substance Abuse will sponsor a series of Substance Abuse Prevention Specialists Trainings (SAPST) across the state during 2008. Over 1,000 prevention professionals and volunteers have participated in the SAPST in recent years. The next training series will be held May 12-16 in Moses Lake. To access the SAPST training schedule and registration information, and information about DASA-sponsored conferences, visit [www.casat.org](http://www.casat.org).

For training details and registration, see DASA's online Training Calendar at [www1.dshs.wa.gov/dasa](http://www1.dshs.wa.gov/dasa).

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